1. Participant
2. AECC University College
3. AFC Bournemouth Football
4. Berkshire Healthcare NHS Foundation Trust
5. BH Live Leisure
6. Dorset CCG
7. Dorset Council
8. Dorset County Hospital
9. Energise ME
10. GP
11. Frimley Health Foundation Trust
12. Hampshire Wellbeing Centre
13. Hampshire Hospitals Foundation Trust
14. HIN (Health Innovation Network)
15. I Can Therapy Centre / Valley Leisure
16. North Hampshire CCG
17. Saints Foundation
18. Places Leisure
19. Poole Hospital NHS Foundation Trust
20. Solent NHS Trust
21. University of Surrey
22. Versus Arthritis
23. Wiltshire Health and Care
24. Winchester City Council
<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
<th>Lead/Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>1300-1330</td>
<td>Registration and networking lunch.</td>
<td></td>
</tr>
<tr>
<td>1330-1345</td>
<td>Welcome</td>
<td><strong>Linda du Preez</strong> – ESCAPE-pain Programme Co-ordinator – Wessex AHSN</td>
</tr>
<tr>
<td>1345-1355</td>
<td>Opening address</td>
<td><strong>Kathy Wallis</strong> - Associate Director, Strategic Programmes (Healthy Ageing and Medicines Optimisation) – Wessex AHSN</td>
</tr>
<tr>
<td>1355-1405</td>
<td>Overview of ESCAPE-pain Wessex</td>
<td><strong>Jo Marks</strong> – ESCAPE-pain Clinical Lead – Wessex AHSN</td>
</tr>
<tr>
<td>1405-1435</td>
<td>Panel presentations  Q&amp;A</td>
<td><strong>Jessica Hulbert</strong> – Saints Foundation</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Marion Gower/Emma George</strong> - Portsmouth</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Danny Churcher</strong> – Romsey Rapids</td>
</tr>
<tr>
<td>1435-1445</td>
<td>National progress to date</td>
<td><strong>Andrea Carter</strong> – Programme Director, MSK Programme – Health Innovation Network (HIN)</td>
</tr>
<tr>
<td>1445-1545</td>
<td>Workshop circuit questions</td>
<td></td>
</tr>
<tr>
<td>1545-1600</td>
<td>Conclusions and feedback</td>
<td><strong>Linda du Preez</strong> – ESCAPE-pain Programme Co-ordinator – Wessex AHSN</td>
</tr>
<tr>
<td>1600</td>
<td>Evaluation and close</td>
<td></td>
</tr>
</tbody>
</table>
A Wessex leisure centre offers local people a chance to manage chronic pain and be more active.
Opening Address
Kathy Wallis
A connected ‘Network of Networks’

We are catalysts for innovation

We connect partners across sectors

We create the right environment for change

We are collaborators
Our continuing mission is to spread healthcare innovation at pace and scale.
7 national programmes (April 2018 – March 2020):

- Atrial Fibrillation (AF)
- PReCePT
- Transfer Care About Medicines
- PINCER
- Serenity Integrated Mentoring (SIM)
- Emergency Laparotomy Collaborative (ELC)

- Shown to reduce pain, improve physical function, depression, health beliefs and general well-being in randomised control trial (RCT)
- Sustained benefits for up to two and a half years after completing the programme
- £2.8 million annual savings in total health and social care for every 1,000 participants who undertake ESCAPE-Pain
Wessex AHSN and ESCAPE-Pain: what we are commissioned to do

**Fair share target** (set by NHS England)
137 completers in year 1
872 completers having gone through the programme by March 2020
*(Completers are those with a >75% attendance on the 5-6 week group programme)*

**How will we achieve this?**
- Work with all major strategic stakeholders within CCG’s / MSK leads within MSK pathway
design within our geography to spread knowledge about the programme at a strategic level
- Work with provider organisations and major stakeholders to:
  - formulate local project plans,
  - train facilitators
  - set up active sustainable ESCAPE-pain sites
What is escape pain?

1. Two sessions per week over 5-6 weeks (10-12 sessions)
2. Each session includes an exercise and education component
3. Each group begins and ends the programme together
4. Collecting outcome data and share with us

The core four: What makes it ESCAPE-pain?

Education, advice, physical activity, weight management

NICE

Supports
Manual therapy
Braces
Heat + cold
Inner soles
COX-2
Topical NSAIDS
TENS
Opioids
Arthroplasty
Steroid injection
Oral NSAIDs
Assistive devices
Paracetamol
National progress

December 2017 - 42 active sites

Oct 2019 - 230 active sites
Then (March 2018)

Now (Sept 2019)

in the Wessex AHSN region
Wessex AHSN region

**Year 1**
- April 2018 to March 2019
- 7 active sites
- 94 completers (participants completing >75%)

**Year 2**
- April 2019 to March 2020
- 19 active sites
- 136 completers (at end of Q2)
ESCAPE-PAIN WESSEX GROWTH SINCE APRIL 2018

- Active sites
- Quarterly completers
- Total completers
PRIZE TIME !!

Total number of completers for Wessex region by end of September 2019: 230
Wessex AHSN: ESCAPE-pain
Data Review Q1 & Q2 2019
## Participant numbers Q1-Q2 2019

<table>
<thead>
<tr>
<th>Site</th>
<th>Starters</th>
<th>Completers</th>
</tr>
</thead>
<tbody>
<tr>
<td>BH Live Pelhams Park Leisure Centre</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>BH Live Corfe Mullen Leisure Centre</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>Weymouth Community Hospital</td>
<td>58</td>
<td>50</td>
</tr>
<tr>
<td>Dorset County Hospital</td>
<td>17</td>
<td>16</td>
</tr>
<tr>
<td>Saints Foundation</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Salisbury District Hospital</td>
<td>37</td>
<td>25</td>
</tr>
<tr>
<td>Amesbury Sports Centre</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>River Park Leisure Centre</td>
<td>25</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>167</strong></td>
<td><strong>136</strong></td>
</tr>
</tbody>
</table>
KOOS Combined scores*

This graph shows average pre and post intervention scores for your ESCAPE-pain participants between April and September 2019.

An increase in scores indicates an improvement.

The sample size for this analysis was 86.

There was a statistically significant improvement in all three subscales (P value ≤ 0.05).

*Weymouth Community Hospital, Dorset County Hospital, Saints Foundation, River Park Leisure Centre, Amesbury Sport Centre, Salisbury District Hospital
This graph shows average pre and post intervention scores for your ESCAPE-pain participants between April and September 2019.

An increase in scores indicates an improvement.

The sample size for this analysis was 30.

There was a statistically significant improvement in all three subscales (P value ≤ 0.05).

*Weymouth Community Hospital, Dorset County Hospital, Saints Foundation, River Park Leisure Centre, Amesbury Sport Centre, Salisbury District Hospital
KOOS Proportion of participants improved*

This graph shows the percentage of your ESCAPE-pain participants which improved at post-intervention across every outcome measure.

*Weymouth Community Hospital, Dorset County Hospital, Saints Foundation, River Park Leisure Centre, Amesbury Sport Centre, Salisbury District Hospital
Family & Friends test comments

• “Gave me a better insight and knowledge of my condition and how to deal with it” – Weymouth Community Hospital
• "I do not feel that I should accept that my life has ended anymore. I hope for a much better future and able to get about again.” – Weymouth Community Hospital
• “I feel more confident in my ability to deal with my problem with my knees” – Dorset Community Hospital
• “I have had knee pain for the last 2 years and now I know how to manage it. My pain has subsided by half after doing the exercises with Jessica.” – Saints Foundation
• “Things were explained very well. Built more confidence in dealing with our disability.” – Amesbury Sport Centre
• “Clear simple explanations of complex issues gave confidence. I now feel equipped to handle the problem myself.” – Salisbury District Hospital
• “It was very encouraging to understand more fully my condition and be shown exercises that are of great help. To know that surgery is not necessarily the outcome.” – Salisbury District Hospital
• “Really enjoyed the group atmosphere and starting and finishing together.” – River Park Leisure Centre
The Future...

Support for initial set up and implementation of ESCAPE-pain for programmes running cohorts before March 2020

Supporting existing sites to ensure sustainability of programmes

Network of local champions

Evaluation and learning from spread and adoption

Possibilities beyond ESCAPE-Pain

HIN will continue to provide central co-ordination and training beyond March 2020

Introduction of electronic data collection tool
Thank you for listening

www.escape-pain.org
Linda Du Preez: linda.dupreez@wessexahsn.net
Jo Marks: jo.marks@wessexahsn.net
Rob Payne: rob.payne@wessexahsn.net
Continuing exercise after the Escape-Pain programme ….
WHAT HAVE WE DONE SO FAR

CONTEXT OF SAINTS FOUNDATIONS DELIVERY

Include escape-pain under the delivery of the Pathways to Health programme.

- Prevention
- Highest qualified instructors

Initially delivered Escape-Pain by Saints Foundation Staff

Referrals both from physios and self referrals website:
https://www.southamptonfc.com/saints-foundation/escape-pain
IMPLEMENTING A PHYSICAL TESTING ELEMENT

To prevent something only we know is possible to get worse, or happen to us.

Testing at the beginning and at the end escape-pain programme.

Tests included

• Hand Grip strength test
• Chair sit and reach
• Back Scratch
• 30 Sit to stand
### SCORE RESULTS

#### Initial test

<table>
<thead>
<tr>
<th></th>
<th>Handgrip strength</th>
<th>Chair sit and reach</th>
<th>Back scratch</th>
<th>30 second sit to stand</th>
</tr>
</thead>
<tbody>
<tr>
<td>58 Male</td>
<td>30</td>
<td>-6</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>74 Female</td>
<td>22</td>
<td>0</td>
<td>1</td>
<td>11</td>
</tr>
<tr>
<td>67 Female</td>
<td>22</td>
<td>0</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>63 Female</td>
<td>19</td>
<td>-1</td>
<td>-5</td>
<td>10</td>
</tr>
<tr>
<td>75 Female</td>
<td>13</td>
<td>0</td>
<td>-10</td>
<td>6.5</td>
</tr>
</tbody>
</table>

Red= Below age equivalent  Yellow= On age  Green= Better than age

#### Test at the end of Escape-Pain 6 weeks

<table>
<thead>
<tr>
<th></th>
<th>Handgrip strength</th>
<th>Chair sit and reach</th>
<th>Back scratch</th>
<th>30 second sit to stand</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pink= worse than previous score  Purple= the same  Blue= better</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>15</td>
<td>3</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>4</td>
<td>3</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>8</td>
<td>2</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>0</td>
<td>-15</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>-8</td>
<td>-9</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

Pink= worse than previous score  Purple= the same  Blue= better
WHERE ARE THOSE PARTICIPANTS NOW

Ongoing class formed

This class continued, delivered before the Escape-Pain session

£30 agreed
## SCORE RESULTS

**Test at the end of 6 weeks at ongoing class**

- **Pink** = worse than previous score
- **Purple** = the same
- **Blue** = better

<table>
<thead>
<tr>
<th>Handgrip strength</th>
<th>Chair sit and reach</th>
<th>Back scratch</th>
<th>30 second sit to stand</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>-6</td>
<td>-7</td>
<td>10</td>
</tr>
<tr>
<td>23</td>
<td>1</td>
<td>-11</td>
<td>12</td>
</tr>
<tr>
<td>25</td>
<td>8</td>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>24</td>
<td>6</td>
<td>4</td>
<td>16</td>
</tr>
<tr>
<td>32</td>
<td>14</td>
<td>3</td>
<td>8</td>
</tr>
</tbody>
</table>
Overview

- Same location, Similar layout, before/after original class
- Adding a physical fitness ability test
- Funding support needed to be sustainable
- £30 charge due to feedback received
THANK YOU

SAINTS FOUNDATION
southamptonfc.com/saints-foundation
ESCAPE PAIN AT ROMSEY RAPIDS SPORTS COMPLEX

• First course Sept to November 2019
  9 Participants, 8 completed successfully, 3 hip, 6 knee.

• Second Course currently running with 8 participants

• Third course planned for the New Year
PROMOTING ESCAPE PAIN

• Internal posters at Romsey and Knightwood centres
• Promoted to relevant groups/classes within the centre
• Contacting local physio’s, local GP’s and practise nurses
• Social media posts
• Networking with local authorities, charities and organisations
PRICING

- £36 for the course (6 week)
- Payment in full at time of booking
- Discount for centre members
- Looking to introduce discounts for people on means tested benefits
PROMOTING ESCAPE PAIN

• Internal posters at Romsey and Knightwood centres
• Promoted to relevant groups/classes within the centre
• Contacting local physio’s, local GP’s and practise nurses
• Social media posts
• Networking with local authorities, charities and organisations
PARTICIPANT FEEDBACK

"I have more confidence in doing the exercises correctly. It has made me realise what I need to do to help myself and what I can do at home. I have enjoyed the social aspect of being with other people and learning how we can push ourselves within limits, and also I understand the difference between muscle and joint pain."

Female, aged 69

"Good atmosphere and I liked the fact that everyone was there with the same goal and understood each others Condition. I felt much more comfortable in a small group setting where you could monitor your own progress rather than in the gym environment."

Female, aged 64

"I don't feel my pain levels are any different but it has taught me how to differentiate between joint and tissue pain and I will still continue to exercise."

Female, aged 76
National update

Andrea Carter
MSK Programme Director

@escape_pain
escape-pain.org

healthinnovationnetwork.com
In the beginning....
Growth of ESCAPE-pain
Our Vision

TWO MEN IN A PUB

SURGERY

DR X

48 HRS LATER

LEISURE CENTRE

ESCAPE!!
Growth of ESCAPE-pain

- AHSN Network
- Sport England
- Versus Arthritis
ESCAPE-pain at a glance

- 250+ Sites running ESCAPE-pain
- 14,500+ Participants through the programme
- 1,060+ Trained to deliver ESCAPE-pain
- £5.20 ROI for every £1 spent (PHE)

ESCAPE-pain
Clinical outcomes still replicating RCT findings, both in NHS and non-NHS settings
Ever learning, ever developing.....

Numerous funding and delivery models

Interest from Primary Care (PCNs, personalised care, social prescribing)

Digital data collection – participant-led

ESCAPE-pain for backs
ESCAPE-pain for backs

- >180 participants
- initial outcomes data show improvements in physical function and quality of life
- 6 sites, 4 London Trusts
- 41 facilitators trained
- 6 new organisations recruited (clinical and leisure) for second wave
- On average participants attend 8.8 / 12 sessions (73.5%) of the programme.

<table>
<thead>
<tr>
<th></th>
<th>Base</th>
<th>Final</th>
<th>Diff</th>
<th>N</th>
<th>Improved</th>
<th>% improved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days active</td>
<td>2.23</td>
<td>3.63</td>
<td>1.39</td>
<td>132</td>
<td>87</td>
<td>65.91</td>
</tr>
<tr>
<td>Sit to stand</td>
<td>8</td>
<td>12.03</td>
<td>4.03</td>
<td>34*</td>
<td>33</td>
<td>97.06</td>
</tr>
<tr>
<td>MSK HQ</td>
<td>25.49</td>
<td>35.24</td>
<td>9.76</td>
<td>135</td>
<td>116</td>
<td>85.93</td>
</tr>
</tbody>
</table>

![Initial outcomes data](image-url)
What next?

Continued support post-national programme

Further spread via NHS and leisure sector

Extend access to ESCAPE-pain for backs
Thank you to everyone involved!
The ESCAPE-pain programme is an intervention for people with knee or hip osteoarthritis developed by Professor Mike Hurley. The programme is hosted by the Health Innovation Network and supported by NHS England and Versus Arthritis.

escape-pain.org | hello@escape-pain.org | Twitter: @escape_pain
Workshop